

NEW



The Purcell School  
for young musicians  
Patron: HM The King

# BOARDING Newsletter



ISSUE 5- APRIL 2026

*Happy Easter*

## IMPORTANT INFORMATION

Mrs. Mitchell (Director of Boarding) Update

1

## THE EGG-CELENT CHALLENGE

Step up and get moving in May. A Photography challenge for June.

2

## OUR STARS

House News - Our students and NYO

3

## STUDENT SPOTLIGHT

House value winners from Avsion, Sunley and Ellington.

4-6

## BOARDING LIFE - HIGHLIGHTS

Co-curricular clubs this term

7-10

## WELLBEING

World Mental Health Day: resources & tips

11

## LATMH - LETS ALL TALK MENTAL HEALTH

LATMH - Resources for students, parents, guardians and carers

12-13

## EASTER SUDOKU

14

# Important Information

## Director of Boarding

What an exciting term we have had in boarding. So many trips have been enjoyed this term from country walks in Cassiobury Park, to watching the heart warming family comedy Kangaroo at the cinema, to a river walk followed by cheesy chips in Cookham, to swimming in a wave pool in Windsor and shopping in Watford!

Weekends have been spent practising and rehearsing, relaxing, playing basketball and table tennis, doing jigsaws and two big quiz nights which are always really popular with all age groups.

We also had a Spring Valentine's Social with live music from Albert, Gianntino and Jamie who played an amazing set. It is quite a talent to get a group of teenagers to be so enthusiastic on the dance floor! Ostap always entertains with his moon walking moves and it was good to see so many students chatting and dancing the night away. We are lucky to have such fabulous Activity Leads in Reeka and Selin who always do such a great job of running Socials.

### **Important Information for next term**

I would ask parents to support us in enabling students in Years 11 and below to get the required amount of sleep per night for their teenage brains. We put everything in place to ensure this happens, but it is so difficult if a student returns with a fake phones or extra phones and tech that they hide from us and use during the night. Please do check with that they are not bringing back ipads or phones to use secretly at night, disrupting not only their sleep pattern but that of those they may be contacting or sharing a room with.

Next term is especially important for exam candidates so please do reinforce the message about the importance of a good night's sleep. It's easy for students to fall into the trap of sacrificing sleep, whether that's a result of their worries, or trying to remember more content and use every waking hour for revision. However, research consistently highlights sleep as essential for optimal performance, memory retention, and emotional wellbeing - all of which are critical during exams.

# The EGG-celent Challenge

This Easter, we're celebrating fresh starts, growth, and positive change through creativity. Students are invited to create an original piece of artwork inspired by one or more of the following ideas:

- Spring
- Growth
- Hope
- Renewal
- Transformation
- Light after darkness

## **What You Need to Create**

Your artwork should clearly connect to the theme "New Beginnings." Think beyond traditional Easter images if you wish — this is about meaning as well as creativity.

You might explore:

- Nature changing from winter to spring
- Personal growth or overcoming challenges
- Symbolic imagery (butterflies, sunrise, blossoms, broken chains, pathways, light)
- Community or global renewal
- Abstract interpretations of hope

## **Submission Deadline**

All artwork must be submitted by Friday, 24th April 2026 at 6PM.

# Our Stars

## Senior Concerto Competition Winners 2026

**Shlomi Y13**



The Senior Concerto Competition at The Purcell School is one of the most prestigious and competitive performance events in the school year, designed for its most advanced students.

Open to senior pupils, the competition involves several rounds, beginning with auditions and category finals, where students perform movements from major concerto repertoire to a panel of expert adjudicators.

From a large number of applicants, a small group of finalists is selected to perform in the Grand Final, showcasing full concerto movements at a very high professional standard .

**Yoko Y11**



The competition is highly valued not only for its competitive element but also for the performance opportunity it offers. The winners are typically given the chance to perform their concerto with the school's Symphony Orchestra, an important milestone in a young musician's development

# Student Spotlight

## Sunley House

In an all-girls boarding house, values such as forgiveness, inclusivity, service to others, graciousness, collaboration, hospitality, cleanliness, shared responsibility, fairness, punctuality, and cooperation are central to creating a close-knit and supportive community.

As the smaller senior house, every individual plays an important role in shaping the atmosphere of the house, making kindness, understanding, and forgiveness especially meaningful in maintaining positive relationships. Inclusivity and fairness ensure that every student feels accepted and confident in being herself, while collaboration and cooperation strengthen friendships and teamwork. Shared responsibility, cleanliness, and punctuality contribute to a calm and well-organised environment where everyone feels secure.

### Student House Value Winners

**Forgiveness:**

Lia

**Collaboration:**

Celeste

**Shared Responsibility:**

Celeste

**Hospitality:**

Farah, Willow

**Fairness:**

Willow

**Punctuality:**

Skye

**Inclusiveness:**

Suna

**Helpfulness:**

Rowena

# Student Spotlight

**Ellington House**

As a senior co-educational boarding house we are committed to developing values that reflect the responsibilities of a diverse and inclusive community.

These values: forgiveness, inclusivity, service to others, graciousness, collaboration, hospitality, cleanliness, shared responsibility, fairness, punctuality, and cooperation, help create an environment where students of all backgrounds feel respected, supported, and able to thrive.

In a co-ed setting, inclusivity and fairness are especially important in ensuring that everyone feels equally valued and heard, while collaboration and cooperation encourage positive relationships across the whole community. Shared responsibility, cleanliness, and punctuality help maintain a safe, organised living space.

## Student House Value Winners

**Forgiveness:**

Ostap

**Graciousness:**

Dima

**Fairness:**

**Collaboration:**

Yoel

**Helpfulness:**

Sonya

**Hospitality:**

Tim

**Inclusiveness:**

Kate

**Punctuality:**

# Student Spotlight

## Avison House

Avison House is currently focusing on developing and strengthening values that are important to both the house and the wider community. These values help guide how students treat one another and contribute to a positive environment. The key themes being celebrated are kindness, respect, support, safety, and health.

In a boarding house like Avison, students live closely together, so the way people treat each other has a big impact on daily life, wellbeing, and even academic success. When these values are clearly recognised and rewarded, it encourages others to act in the same way, building trust and a sense of belonging. Research supports this idea—for example, studies in the field of Educational Psychology show that students in boarding school environments who feel supported and respected are more likely to develop confidence, resilience, and strong social skills.

### Student House Value Winners

**Kindness to other:**

Blair

**Respect for others:**

Emma

**Supportive of others:**

Dominic

**Keeping yourself and others Safe:**

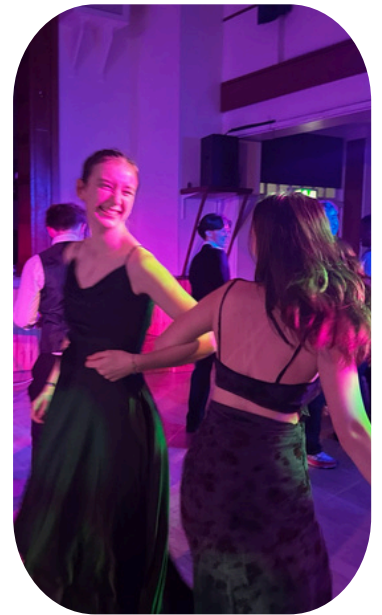
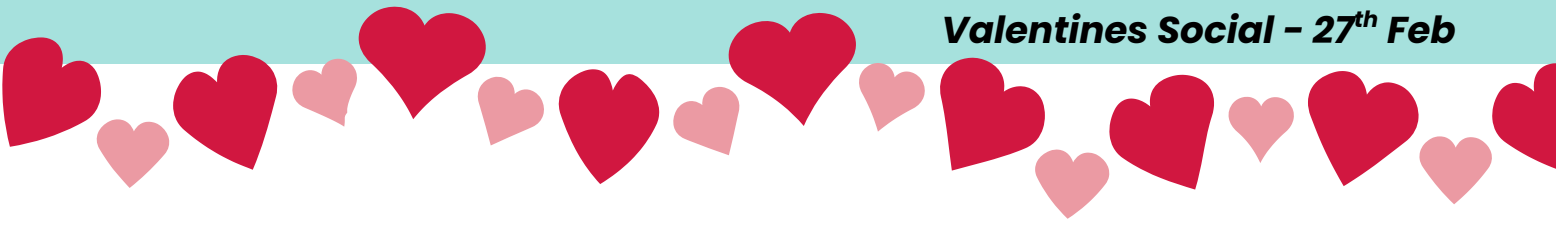
Rose

**Keeping Healthy:**

Glyn

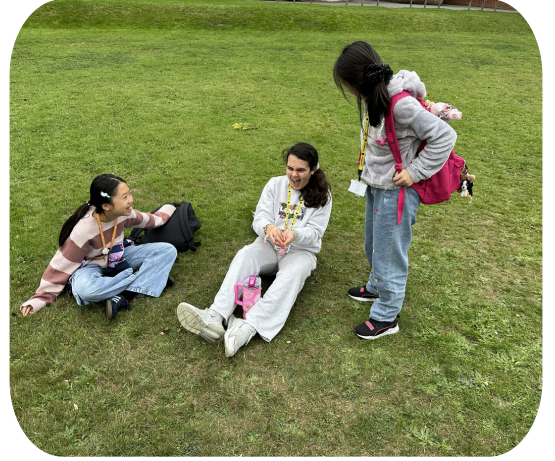
# Boarding Life

Valentines Social - 27<sup>th</sup> Feb



# Boarding Life

## Avison House

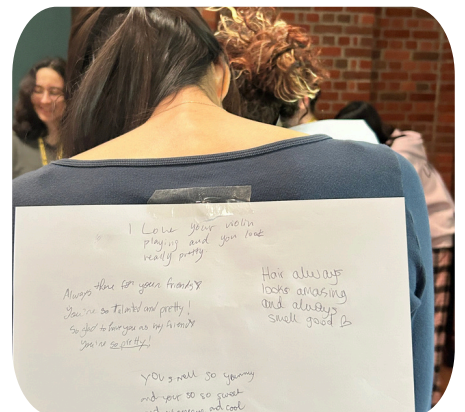
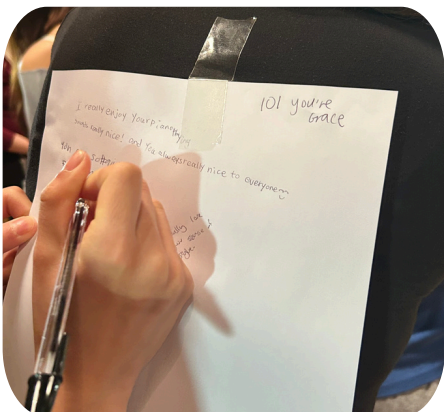
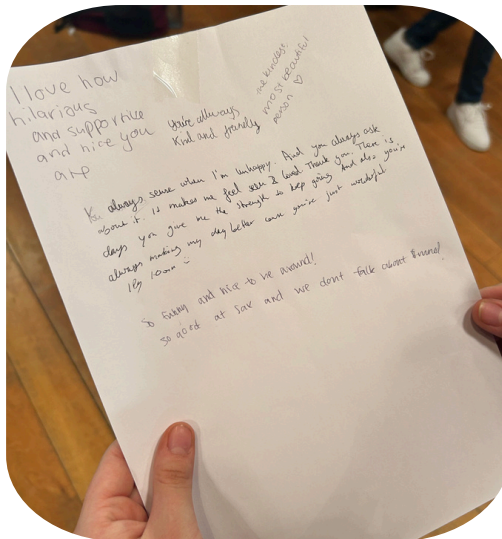


# Boarding Life

## Sunley House

In a recent Sunley House assembly, Miss C led an activity where the girls wrote things they admire about each other on their backs, creating a "cape of kindness" filled with positive messages.

It highlighted the importance of celebrating one another in a close community and linked to International Women's Day by encouraging support and appreciation for one another.



# Boarding Life

*Ellington House*

This term, Mr D has been actively promoting and celebrating positive behaviour across the school. Students who maintained an excellent record, with no negative behaviour incidents, were rewarded with a special movie night and pizza—an event that was thoroughly enjoyed by all who attended.

Unsurprisingly, word of this celebration spread quickly, and several students have already approached staff to ask how they too can earn this reward. It's fantastic to see such enthusiasm and motivation, and we are hopeful that this initiative will continue to inspire positive choices throughout the school community.

We look forward to seeing even more students achieve this milestone in the coming terms!



# Wellbeing



## This Half Term's Focus: Life Online: A Mixed Picture

### Why It Matters

Social media and phones are big parts of teen life, and that brings good and tricky sides.

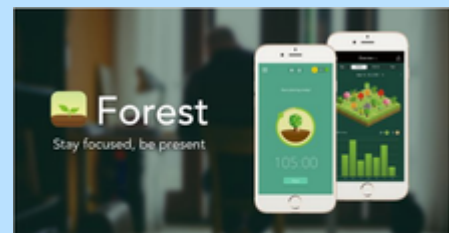
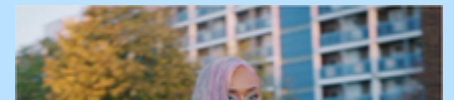
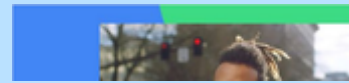
Many studies suggest there's a link between heavy social media use and higher stress, especially when it feels like a "comparison game."

## Wellbeing In Boarding

### Everyday Wellbeing Habits That Actually Help

- Here are some simple things you can try – these don't cost anything and you can start today:
  - Talk to someone
  - Chat with a friend, sibling, teacher, or trusted adult when something feels heavy. You don't have to sort it all out alone.
  - Sleep, food, and movement
- Getting enough sleep, eating well, and moving around makes a big difference to how you feel.
- Breaks from screens
- Regular phone breaks help your brain reset – especially before bed.
- Set small routines
- Doing little things every day (like journaling or stretching) gives you structure and calm.

## Helpful Links for Students



**Forest**  
Forest is an app helping you stay away from your smartphone and stay focused on your work.  
forestapp.co

# Let's All Talk Mental Health



As the Easter holidays approach, we hope you find some time to rest and recharge together.

We are pleased that more parents are engaging with the informative and practical help from leading experts on the Let's All Talk Mental Health hub.

There have been some really helpful sessions on the hub this term. Below is a short summary of some of the key takeaways. If you are already registered, you can access the full sessions via the hub. If not, details on how to register at no cost are included below.

**Overwhelmed Teens** (Anxiety & Avoidance) – Dr Sarah Jane Knight  
Stay steady, go small and focus on what's underneath the behaviour. Calm, consistent parenting builds emotional safety over time.

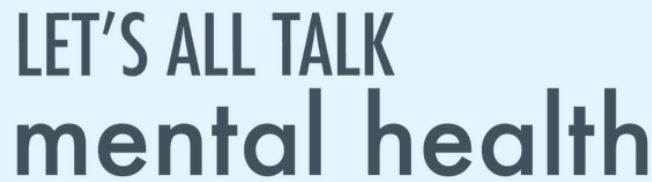
**Autism & ADHD** – Dr Sarah Jane Knight  
Look beyond the labels, understanding your child's unique profile and building practical, supportive strategies can make a big difference.

**Screens & Teens** – Dr Fin Williams  
Stay curious about how your teen is using screens, keep the door open, and stay present. That steady, non-judgemental connection helps them build a healthier relationship with their online world.

**Sleep** – Dr Faith Orchard  
Support sleep with steady routines and realistic expectations. Where devices take over, sleep is displaced so small, practical changes make the biggest difference.

**Support Teens Affected by Trauma:** Dr Russell Woodhead  
Recovery is possible; consistent safety, understanding and steady relationships help rebuild a young person's sense of trust and safety.

# What Does LATMH Provide?



## LET'S ALL TALK mental health

If you click on any of the programme links above and see the message “it looks like you don't have a ticket”, it may be that your previous access has expired. Please follow the details below to register for your 2025/26 free pass.

### **Coming up LIVE After Easter**

Tuesday 21st April, 8pm – School Anxiety and Refusal: How can parents help?

Monday 27th April, 8pm – Gaming and Internet Issues: When Teens Get Stuck Online.

Each live programme contains 30 minutes of audience Q&A giving you the opportunity to put your questions to the experts.

### **How to Access**

If you are new to the Let's All Talk Mental Health hub for 2025/26, please register here:

After a few minutes, you will receive an email from Contrast with your hub access. If it does not appear in your inbox, please check your junk folder. You can then visit the hub directly. For any assistance with access, contact the team at [hello@letsalltalkmentalhealth.co.uk](mailto:hello@letsalltalkmentalhealth.co.uk).

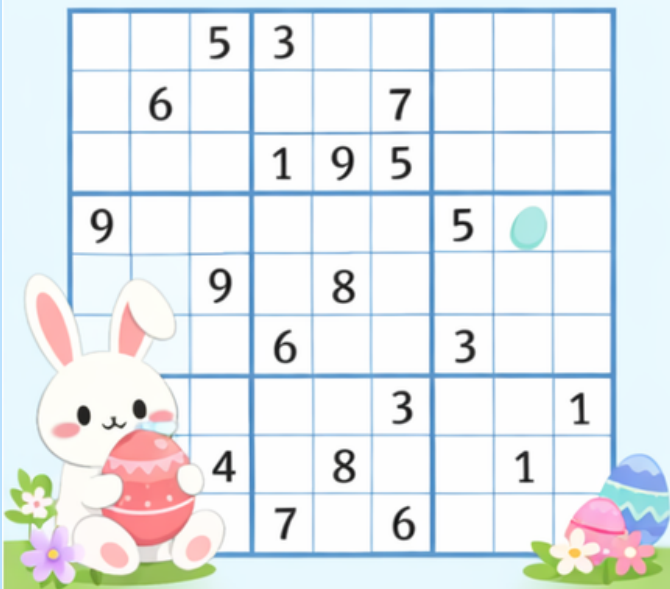
We hope the Let's All Talk resources continue to support you and your family.

# Easter Sudoku

Don't worry if Sudoku feels tricky at first—just keep at it and you'll crack it open... after all, every puzzle is easier once you've egg-xamined all the clues!

 Bunny Beginner (Easy)

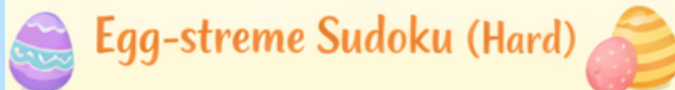
		5	3				
	6				7		
			1	9	5		
9						5	
	9		8				
		6			3		
				3			1
	4		8				1
		7		6			



 Spring Challenge (Medium)

			3	2			6	
		9				2		
				3	5		1	
1		8				6		4
			8				4	
	7							8
		6	7				2	
	2				6	9	5	
				8		5		



 Egg-streme Sudoku (Hard)

							3	8	5
			1	2	5				
						3			
		5	7					8	
							8		
	5		7	3					
						3			
								9	





From all of the boarding staff  
we wish you all a wonderful  
holiday together and look  
forward to seeing our  
amazing students on April  
19th reenergised after their  
break and looking forward to  
all the joys of the summer  
term at Purcell.